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VOCABULARY

1. **Vigilant:** Keeping careful watch for possible danger or difficulties.
 - Synonyms: Alert, watchful, attentive
 - Antonyms: Inattentive, careless, oblivious
 - Sentence: The vigilant guard noticed the intruder before any damage could be done.
2. **Trajectory:** The path followed by a projectile flying or an object moving under the action of given forces.
 - Synonyms: Path, course, route
 - Sentence: The trajectory of technological advancement is continuously changing with new innovations.
3. **Disparities:** A great difference; inequalities.
 - Synonyms: Inequalities, discrepancies, differences
 - Antonyms: Parity, equality, similarity
 - Sentence: There are significant disparities in access to healthcare across different regions.
4. **Alleviate:** To make suffering, deficiency, or a problem less severe.
 - Synonyms: Ease, relieve, mitigate
 - Antonyms: Aggravate, worsen, intensify
 - Sentence: The new medication helped alleviate her chronic pain.
5. **Attuned:** In harmony or agreement with something; aware of or responsive to.
 - Synonyms: Aligned, harmonious, sensitive
 - Antonyms: Disconnected, indifferent, unresponsive
 - Sentence: She is highly attuned to the emotions of her colleagues, making her a great leader.

6. Adept: Very skilled or proficient at something.
- Synonyms: Skilled, expert, proficient
 - Antonyms: Inept, unskilled, clumsy
 - Sentence: He is adept at solving complex mathematical problems quickly.
7. Impede: To hinder or obstruct the progress of something.
- Synonyms: Hinder, obstruct, delay
 - Antonyms: Facilitate, assist, expedite
 - Sentence: The heavy traffic will impede our ability to arrive on time.
8. Exacerbate: To make a problem, bad situation, or negative feeling worse.
- Synonyms: Aggravate, intensify, worsen
 - Antonyms: Alleviate, mitigate, ease
 - Sentence: The new policies may exacerbate the existing inequalities in the education system.
9. Dilemmas: Situations in which a difficult choice has to be made between two or more alternatives.
- Synonyms: Predicaments, quandaries, crises
 - Sentence: The company faced several dilemmas regarding its future direction.
10. Paving: Creating or preparing a path or way for something to happen; establishing the groundwork.
- Synonyms: Establishing, laying down, preparing
 - Antonyms: Obstructing, hindering, blocking
 - Sentence: The new policies are paving the way for a more inclusive workplace environment.

Phrasal Verbs:

11. Egg on: to encourage or provoke someone to do something.
12. Iron out: to resolve or smooth out problems or difficulties.
13. Jack up: to increase something (e.g., prices) sharply.
14. Reel in: to attract or bring someone or something closer.

Idioms & Phrases

15. Blue in the face: exhausted from anger, strain, or other great effort
16. Worth its weight in gold: something or someone is very useful, valuable, or important
17. Time is money: time is a valuable resource, therefore it's better to do things as quickly as possible
18. That ship has sailed: it is too late to do something
19. Wear your heart on your sleeve: to be extremely open about what you feel and think

CURRENT AFFAIRS

4th November, 2024

1. Indian Army contingent embarked on a journey to participate in the 15th edition of the India-US joint Special Forces Exercise, VAJRA PRAHAR, set to be conducted from November 2 to November 22, 2024.
 - This prestigious exercise will take place at the Orchard Combat Training Centre in Idaho, USA, marking a significant step toward bolstering military cooperation and tactical interoperability between the two nations. The previous edition was held at Umroi, Meghalaya in December 2023, showcasing the commitment to ongoing collaboration and shared military expertise.
2. The inaugural Climate and Health Africa Conference (CHAC 2024) is taking place from October 29 to 31 in Harare, Zimbabwe.
 - This conference aims to integrate Africa into the global discussion on climate change and health. Over 400 representatives from 54 African countries, including government officials, health experts, and researchers, are attending.
3. An Indian Army special contingent of 25 personnel has departed for Indonesia to participate in the 9th edition of the joint exercise 'Garud Shakti' from November 1 to 12. The exercise aims to strengthen military bonds, enhance cooperation, and improve interoperability between the Special Forces of India and Indonesia. Activities will include tactical drills, planning, and execution of special operations, along with jungle forces training.
4. Renowned economist Bibek Debroy, former Chairman of the Economic Advisory Council to India's Prime Minister, passed away at 69. He led key policy initiatives and had an impressive academic and professional career. His notable work includes translations of the Mahabharata.

5. Ayushman Bharat Vay Vandana Card: Prime Minister Narendra Modi unveiled the long-anticipated Ayushman Bharat health insurance scheme for all senior citizens who are 70 years or older, irrespective of their financial background. Below are the steps to obtain the Ayushman Vay Vandana Card through mobile and online platforms, according to the National Health Authority (NHA) website.
6. Prime Minister Narendra Modi inaugurated India's first free helicopter emergency medical service at AIIMS Rishikesh, aimed at providing quick medical care to remote areas during the 'golden hour.' The initiative, part of the 'Sanjeevani Yojana,' offers free helicopter transportation and drone-based medical deliveries for areas with limited access.
7. India has installed rooftop solar systems at religious locations across Sri Lanka as part of a USD 17 million project to provide 25 MW solar power to 5,000 institutions. This initiative supports Sri Lanka's renewable energy transition and includes a 5-year maintenance plan.
8. Four replicas of the Konark wheels, made of sandstone, have been installed at Rashtrapati Bhavan Cultural Centre and Amrit Udyan. Installation of Konark wheels aims to showcase and promote rich heritage of the country among visitors. This initiative is part of the several steps being taken to introduce traditional cultural and historical elements in Rashtrapati Bhavan.
 - The Konark Sun Temple, a UNESCO World Heritage Site, is the culmination of Odishan temple architecture. It was built in the shape of a colossal chariot carrying the Sun God. The Konark wheels are symbols of India's cultural legacy.
9. Durgesh Aranya Zoological Park in Kangra's Dehra constituency will be India's first IGBC-certified zoo for sustainable infrastructure. It is located in the Bankhandi area of Kangra.

- The park will have 34 enclosures featuring 73 species, including Asiatic lions, crocodiles, gharials, and indigenous birds. With a budget of ₹619 crore, it focuses on eco-friendly design. The zoo aims to boost tourism, create jobs, and promote eco-tourism, enhancing Kangra's status as Himachal Pradesh's "Tourism Capital."
- 10.** The Annual Srub-La Festival, celebrating Ladakh's harvest season and cultural richness, brought vibrancy to Bodhcharboo village.
- Organized by the Ladakh Cultural Academy in collaboration with the North Zone Cultural Centre (NZCC), Patiala, and the Ministry of Culture, the festival featured Lok Virasat, a special program dedicated to reviving Ladakh's folk arts through the traditional Guru-Shishya Parampara.